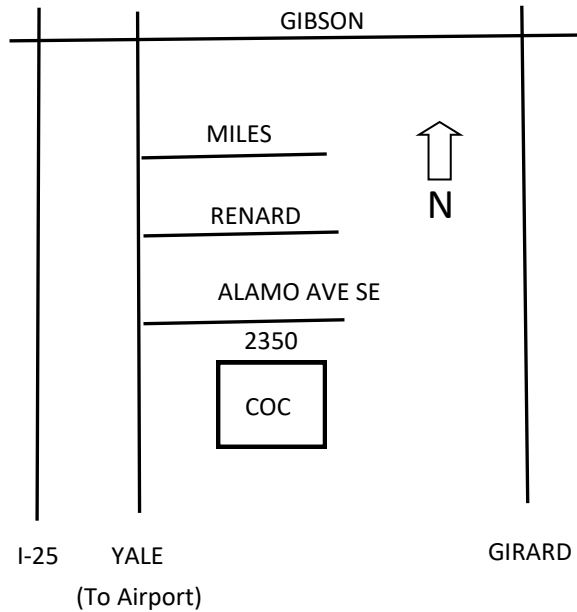


# UNM Continuum of Care

## Ketogenic Diet Clinic



## Continuum of Care

The University of New Mexico

2350 Alamo Ave. SE, Suite 160

Albuquerque, NM 87106

Office: (505) 925-2378

Fax: (505) 925-2391

Toll free: 1-877-684-5259



Continuum of Care

For more information please contact:

Jennifer Reed, RN

505-925-2340

Toll Free: 1-877-684-5259



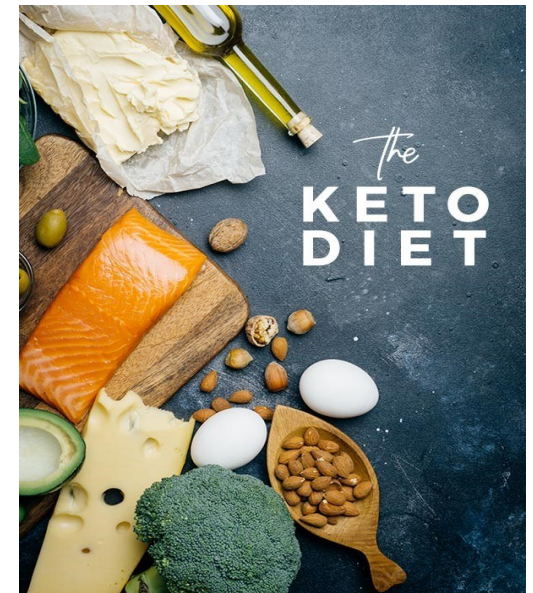
Our website:

<https://coc.unm.edu/>

Our Mission:

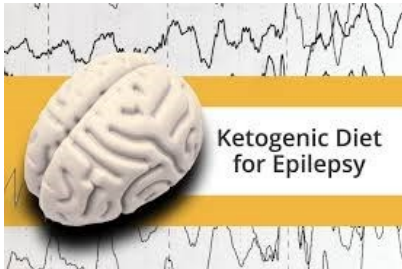
The mission of **Continuum of Care** is to improve and sustain the quality of health and healthcare for all people with intellectual and/or developmental disabilities (I/DD) in New Mexico.

## Ketogenic Diet Clinic



## The Ketogenic Diet

- A high fat, low carbohydrate diet which is prescribed and is beneficial for some people with Intractable Epilepsy/Seizure Disorder, especially children.
- The diet should be prescribed and monitored by clinical professionals
- The diet has been shown to improve seizure control for some children/adults
- May improve mental alertness with less medications



## The Ketogenic Diet Clinic

- A team of clinical professionals who will:
  - \* determine if the Ketogenic diet is the right treatment option;
  - \* provide information and education about the diet;
  - \* design and adjust the diet as needed to meet a patient's needs; and
  - \* regularly monitor patients who attend the Clinic.

## How to Schedule an Appointment

Call Jennifer Reed, RN with the UNM Continuum of Care at 505-925-2340 or call toll free at 1-877-684-5259.

Some insurance companies may require a referral by the primary care physician prior to the appointment date.

The Ketogenic Diet Clinic is held once a month at:

**Continuum of Care (CoC)**  
2350 Alamo Avenue SE  
Suite 160  
Albuquerque, NM 87106

Ketogenic Diet Education Classes are usually held once a month for patients and their families/caregivers who are interested in learning more about dietary options to treat their seizure disorder.



## Meet Our Team



**Jennifer Vickers, MD** is a Professor in the UNM Department of Neurology and the Principle Investigator for the Continuum of Care. She specializes in treating patients with Developmental Disabilities including those with Cerebral Palsy and Epilepsy.

**Yvette Mascarenas, MS, RD, LD** is a pediatric dietician who provides nutrition therapy for children and adults followed in the Ketogenic Diet Clinic.

**Jennifer Reed, RN,** is a RN Case Manager with CoC who is in charge of the scheduling and management of the Ketogenic Diet Clinic.